

# Practice

## SESSION 02: TO GROW IN HOLINESS

Information alone does not produce transformation. To grow, let's put this teaching into practice. Take a moment to reflect on what the Spirit is inviting you into.

### 01 Fast until sundown one day this week, focusing on growing in holiness

- Pick a day that works for you. Again, Wednesdays or Fridays are ideal if you want to get in touch with Christians around the world and throughout church history.
- If possible, pick a day to do this together as a community; this will help to encourage and enliven your weekly practice.
- Fast until sundown that day. Then, eat a simple meal in gratitude.
- If a full day is too much for your body or soul, start smaller. Skip breakfast and break the fast at lunch or 3 p.m. Each session, try to stretch your fast time

a little longer. If last session was until noon, try for 2 p.m. this session.

- In the time you'd normally be grocery shopping, cooking, eating, or cleaning, give yourself to prayer, and focus your heart on this second motivation for fasting: to grow in holiness.
- In your dedicated times of prayer, or each time a hunger pain comes, you may want to pray, "God, purify my heart and purge my whole person of sin."
- If possible, set aside time in the quiet or in deep conversation with a close spiritual friend, and ask God to reveal any sin in your life he is targeting for freedom. Offer it to God in confession, repentance, and prayer.

**Note:** Please modify as needed for health reasons, and also consider whether it would be supportive for you to meet with a therapist or doctor as you think about engaging in this practice.

Jot down your plan. Will you fast in community or by yourself? What day do you plan to fast?

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# Reach Practice

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We all learn differently. Some of us prefer reading, others listening, and others doing. If you'd like to go deeper, choose what resonates with you and give it a try! Even if you don't try a Reach Practice, remember to journal in the Fasting Reflection section before your next session as a group.

### Reading

Read chapters 6-10 of *God's Chosen Fast* by Arthur Wallis.

### Podcast

Listen to episode 2 of the Fasting series from the Rule of Life podcast by Practicing the Way.

### Exercise: Fast for two days

This session's Reach Exercise is the same as last session: to fast for a second day, like the early Christians.

You may want to adopt the Wednesday and Friday rhythm like they did, or pick different days that work better for your schedule. But avoid fasting on the Sabbath or the Lord's Day, as Sunday is for feasting, not fasting.

# Fasting Reflection

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Before your next time together with the group for Session 03, take five to ten minutes to journal out your answers to the following three questions.

01 Did you notice any shift in your heart toward sin while you were fasting?

02 What's an area in your life where your willpower is failing and you are praying for the grace to change?

03 What's an area in your life where you are experiencing increasing freedom from sin and joy in God?

**Note:** As you write, be as specific as possible. While bullet points are just fine, if you write it out in narrative form, your brain will be able to process your insights in a more lasting way.